



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09071, Cherries, sweet, canned, water pack, solids and liquids

Report Date: June 30, 2017 00:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:8% Refuse Description: Pits

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, pitted 248g |
|-----------------------------|------|------------------------|----------------|------------|-----------------------|
| Proximates | | | | | |
| Water | g | 87.05 | 1 | -- | 215.88 |
| Energy | kcal | 46 | -- | -- | 114 |
| Energy | kJ | 192 | -- | -- | 476 |
| Protein | g | 0.77 | 19 | 0.024 | 1.91 |
| Total lipid (fat) | g | 0.13 | 19 | 0.009 | 0.32 |
| Ash | g | 0.29 | 1 | -- | 0.72 |
| Carbohydrate, by difference | g | 11.76 | -- | -- | 29.16 |
| Fiber, total dietary | g | 1.5 | -- | -- | 3.7 |
| Sugars, total | g | 10.26 | -- | -- | 25.44 |
| Minerals | | | | | |
| Calcium, Ca | mg | 11 | 18 | 0.255 | 27 |
| Iron, Fe | mg | 0.36 | 1 | -- | 0.89 |
| Magnesium, Mg | mg | 9 | 18 | 0.276 | 22 |
| Phosphorus, P | mg | 15 | 20 | 0.463 | 37 |
| Potassium, K | mg | 131 | 19 | 3.864 | 325 |
| Sodium, Na | mg | 1 | 19 | 0.254 | 2 |
| Zinc, Zn | mg | 0.08 | 1 | -- | 0.20 |
| Copper, Cu | mg | 0.075 | 1 | -- | 0.186 |
| Manganese, Mn | mg | 0.062 | -- | -- | 0.154 |
| Selenium, Se | µg | 0.0 | -- | -- | 0.0 |
| Vitamins | | | | | |

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|--------------------------------|------|------------------------|----------------|------------|-----------------------|
| Vitamin C, total ascorbic acid | mg | 2.2 | 1 | -- | 5.5 |
| Thiamin | mg | 0.022 | -- | -- | 0.055 |
| Riboflavin | mg | 0.041 | -- | -- | 0.102 |
| Niacin | mg | 0.410 | -- | -- | 1.017 |
| Pantothenic acid | mg | 0.127 | -- | -- | 0.315 |
| Vitamin B-6 | mg | 0.030 | -- | -- | 0.074 |
| Folate, total | µg | 4 | -- | -- | 10 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 4 | -- | -- | 10 |
| Folate, DFE | µg | 4 | -- | -- | 10 |
| Choline, total | mg | 4.1 | -- | -- | 10.2 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 8 | -- | -- | 20 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta | µg | 96 | -- | -- | 238 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 160 | -- | -- | 397 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 57 | -- | -- | 141 |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | -- | -- | 0.57 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | µg | 1.4 | -- | -- | 3.5 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.028 | -- | -- | 0.069 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, pitted 248g |
|------------------------------------|------|------------------------|----------------|------------|-----------------------|
| 14:0 | g | 0.001 | -- | -- | 0.002 |
| 16:0 | g | 0.020 | -- | -- | 0.050 |
| 18:0 | g | 0.007 | -- | -- | 0.017 |
| Fatty acids, total monounsaturated | g | 0.034 | -- | -- | 0.084 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 18:1 undifferentiated | g | 0.034 | -- | -- | 0.084 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.038 | -- | -- | 0.094 |
| 18:2 undifferentiated | g | 0.019 | -- | -- | 0.047 |
| 18:3 undifferentiated | g | 0.019 | -- | -- | 0.047 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Amino Acids | | | | | |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |